



Choosing how you use your phone

The skill of digital agency · name: _____ · date: _____



Phones and online spaces can support friendship, creativity, learning and access. They can also compete for attention in ways that are difficult to notice while they are happening. Digital agency begins with understanding that design influences behaviour and remembering that our choices still matter within the limits and pressures we face.

What we are practising

By the end of this lesson, you can identify a feature designed to hold attention and describe one small digital choice connected to something they value.

During the activity

A menu of small choices: notes, noticing, or nothing at all. This sheet is yours.

Take it with you

Name one small choice a person could make about how they use technology, and say which design feature it responds to.

Exit ticket · Choosing how you use your phone

According to the lesson, why can it feel hard to put a phone down?

- a) Because people naturally lack self-control
- b) Because a great deal of thought and design has gone into keeping people scrolling
- c) Because most phones are set to only allow short breaks
- d) Because human brains have not changed at all in thousands of years

I can name at least one way apps are designed to hold attention and describe one small, values-aligned choice someone could make about how they use technology.

☐ more than before ☐ about the same

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